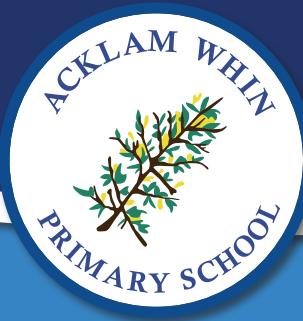


Physical Education



Intent

What does PE look like at Acklam Whin?

The National Curriculum states statutory requirements which are paramount to contribute to the development of the whole child. At Acklam Whin we understand the importance of providing high quality PE lessons in line with the statutory guidance to ensure that all children succeed. Our PE Curriculum has been designed using the "GETSET4PE" scheme of work, which is recognised as a programme aligned with the National Curriculum to enhance children's fundamental movement skills from Early Years to the end of KS2. The scheme is adapted to make it personal and suit the needs of our children at Acklam Whin.

At Acklam Whin we have developed an inclusive PE culture that runs throughout our school, the aim of our PE SSPA (School Sport and Physical Activity) programme is to:

- Develop competence to excel in a broad range of physical activities
- Engage in competitive sports and activities
- Learn to work independently and as part of a team
- Lead healthy and active lives

Every PE lesson challenges our children to develop their active thinking skills, by providing opportunities to reflect and make decisions in response to creative and competitive physical activities. We further challenge all children to improve their physical, social and emotional skills to ensure that our children grow into confident sports men and women. Our PESSPA (School Sport and Physical Activity) school games values are incorporated into every PE lesson, all staff work collaboratively to ensure that all children are aware of these values which are identified as: passion, self-belief, respect, honesty, determination and teamwork.



Clubs and Sporting Events:

At Acklam Whin we offer a wide, diverse range of clubs, which all our children from Year Two to Year Six are given the opportunity to attend one club per week for free. We further pride ourselves on our connections to the wider community, which enables every child an inclusive opportunity to represent our school at many sporting events across the year as well as being given information to our club links, which enables our children to further their interest in their chosen sports.

The Outdoor Classroom:

All our children have access to our Outdoor Classroom facility, which enables children's development of knowledge and understanding through Forest School led activities. In our Outdoor Classroom every activity is carefully designed and delivered to promote the development of our children's confidence, communication, motivation, physical and social skills.

Playtime Equipment:

Each playtime our children have access to a wide range of equipment which they can use to develop their PE and social skills. Not only does this promote teamwork and communication skills, but it also supports whole health and wellbeing by ensuring that our children have the chance to be active during breaktimes as well as in outdoor curriculum time. We have invested in line marking across our playgrounds to offer our children the opportunity to develop and create games of their own. The markings are also used by all our staff for active learning across the curriculum.

Active Travel:

At Acklam Whin we encourage pupils and parents to travel to school by cycling, scootering and walking (active travel) wherever possible. Our whole school approach towards active travel supports research carried out by The World Health Organisation, who suggest that active travel supports children's physical, mental and social wellbeing to promote positive learning. We regularly promote active travel at Acklam Whin, including on our social media feed and on our Parent App. We have facilities across school for our children to store their bikes and scooters safely during the school day.



Implementation

PE in Early Years (EYFS):

The Early Years Foundation Stage Framework is a document of statutory guidance which outlines the standards of learning for children up to the age of five. In collaboration with Development Matters guidance and "GETSET4PE" our unique Early Years curriculum is designed for our children to be inclusive, varied and engaging to enhance children's development and learning. Our PE lessons and outdoor physical activity provision are sequenced appropriately to build on skills and knowledge across the year. Children are exposed to a wide range of vocabulary and encouraged to explore using different equipment and techniques.

Units of work covered in EYFS include:

Nursery	Reception
Fundamentals	Fundamentals
Gymnastics	Gymnastics
Games	Games
	Athletics
	Racket and Ball
	Striking and Fielding

PE in Early Years and KS1:

Our Acklam Whin curriculum states that children should be able to master certain movements by the end of each key stage by moving in different subject content. Our EYFS and KS1 curriculum is designed so that children can confidently develop and master fundamental movements and apply them to a range of activities. The units of work that we teach are carefully sequenced to support this and we carefully differentiate activities in accordance with individual needs.

Units of work covered in KS1 include:

Year One	Year Two
Fundamentals	Fundamentals
Dance	Gymnastics
Gymnastics	Invasion Games
Games	Games
Athletics	Athletics
Racket and Ball	Racket and Ball
Striking and Fielding	Striking and Fielding

PE in KS2:

In KS2 our bespoke Acklam Whin curriculum states that we aim for our children to progress and achieve mastery in Physical Education lessons, building on the skills that they have learnt in EYFS and KS1. We challenge our children to think for themselves and recognise how they can improve their physical and social skills. Children are taught the correct techniques to ensure that they can achieve competent or mastery level in that unit of work. All our PE lessons move at an appropriate pace suitable to the needs of every child, adaptions are made where necessary.

Swimming and Water Safety:

In KS2 our children are provided with swimming and water safety lessons in school time each day over two weeks which is a very important part of the National Curriculum. In this time children are taught to swim competently and confidently in a distance of at least twenty-five meters. The children are taught a range of strokes and self-rescue skills. After the two weeks if children have not successfully completed their twenty-five meters, they are offered top up swimming sessions to be given further opportunity to develop their skills.

Units of work covered in KS2 include:

Year Three	Year Four	Year Five	Year Six
Invasion Games	Invasion Games	Invasion Games	Invasion Games
Gymnastics	Gymnastics	Gymnastics	Gymnastics
Athletics	Athletics	Athletics	Athletics
Racquet and Ball	Dance	Dance	Dance
Striking and Fielding	Racket and Ball	Racket and Ball	Racket and Ball
Swimming/Dance	Striking and Fielding	Striking and Fielding	Striking and Fielding

PE Across School:

In Nursery children have one timetabled PE lesson a week which flows alongside their daily physical outdoor provision time. Children from Reception to Year Six have at least two hours of timetabled PE lesson per week, where our staff work collaboratively to teach high quality, inclusive PE lessons. The two PE lessons are split into two one-hour sessions per week, in one lesson children will work on their core skills and in the other their fundamental skills. All our PE lessons offer a clear progression which allows children to achieve their personal best in each lesson. At Acklam Whin our children are offered opportunities to discuss their work with others during and at the end of PE lessons to develop their PE related vocabulary and social skills. Our broad range of clubs and sporting events enable opportunities for children to feel a sense of achievement and belonging, further enhancing children's personal development, self-reflection and self-esteem.

Impact

Acklam Whin's Outcome for PE:

The impact of our PE SSPA (School Sport and Physical Activity) Programme aims for children to leave Acklam Whin as physically competent young adults who have developed a lifelong passion for sport and physical activity. At the end of Year Six our children will have sampled a wide variety of activities in school and furthered their personal interests through our club links programme, this develops children's social and emotional skills. We encourage our children to push themselves and progress their performances in competition festivals.

Our children will leave Acklam Whin and begin Year Seven with high levels of physical literacy, through the opportunities provided and experienced in PE. Physical literacy can be defined as the motivation, confidence, physical competence, knowledge and understanding that provides children with the movement foundation for lifelong participation in physical activity. Enabling children to be physically literate supports their emotional and physical development as competent, confident and healthy movers. Secure physical literacy further ensures that children's mental wellbeing is in great shape so that they can realise their full potential and feel safe and secure.